

You received a positive PCR result (adult or child, including close-contacts)

[self-isolate](#) for a minimum of **7** days and up to **10** days from your positive PCR test (or from day symptoms developed if symptomatic)

To stop after 7 days, you need to be feeling well on day 6 and 7 of your self-isolation (no fever and symptoms are gone). Mild cough or change to sense of smell can be disregarded – these can last for weeks after the infection has gone.

Yes

Yes

Yes

[self-isolate](#) for **7** days from your positive PCR test (or from day symptoms develop if symptomatic)

Stop self-isolating after 7 days, if you feel better

Yes

No

No

[self-isolate](#) for **10** days from your positive PCR test (or from day symptoms developed if symptomatic)

Stop self-isolating after 10 days, if you feel better

COVID-19 within last 3 months

